

WEEK 1	MEAT OPTION	VEG OPTION	DESSERT
MONDAY	HEARTY MINCED BEEF BOLOGNAISE WITH PASTA BOWS	VEGETABLE BOLOGNAISE BAKE WITH PASTA BOWS	SUGAR FREE VEGETARIAN JELLY WITH FRUIT
TUESDAY	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE POTATOES GREEN BEANS & CARROTS	VEGETABLE PATTIES WITH A CHEESE SAUCE, POTATOES GREEN BEANS & CARROTS	YOGHURTS
WEDNESDAY	LOCALLY SOURCED ROASTED TURKEY, NEW POTATOES, BROCCOLI & CARROTS AND GLUTEN FREE GRAVY	SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY NEW POTATOES BROCCOLI & CARROTS	BANANA LOAF AND CUSTARD
THURSDAY	MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP	MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP	SLICED MELON & PINEAPPLE RINGS
FRIDAY	HOT DOGS WITH POTATO & SWEETCORN SALAD AND CHEESE	VEGETARIAN SAUSAGES WITH POTATO, CHICKPEA & SWEETCORN SALAD AND CHEESE	PEACHES, MANDARINS, APRICOTS

WEEK 2	MEAT OPTION	VEG OPTION	DESSERT
MONDAY	WHOLESOME CHILLI CON CARNE SERVED WITH LONG GRAIN RICE	WHOLESOME THREE BEAN CHILLI SERVED WITH LONG GRAIN RICE	APRICOT FLAPJACK
TUESDAY	SAUSAGE IN GRAVY, BOILED POTATOES, CARROTS & SWEETCORN AND GLUTEN FREE GRAVY	VEGETARIAN SAUSAGE WITH MIXED BEANS, BOILED POTATOES, CARROTS & SWEETCORN AND GLUTEN FREE GRAVY	PEACHES AND PEARS
WEDNESDAY	CHICKEN AND MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI	MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI	YOGHURTS
THURSDAY	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG	NUTRITIOUS RATATOUILLE NEW POTATOES, PEAS & MIXED VEG	SUGAR FREE VEGETARIAN JELLY WITH FRUIT
FRIDAY	CHICKEN SWEET & SOUR WITH RICE	VEGETABLE SWEET & SOUR WITH RICE	WATERMELON AND PINEAPPLE

Allergy Key: Wheat/ Gluten Garlic Egg Soya Dairy Mustard Fish Celery Lupin Sesame Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

WEEK 3	MEAT OPTION	VEG OPTION	DESSERT
MONDAY	TURKEY MEATBALLS, IN A TOMATO & CHILLI SAUCE WITH PENNE PASTA	PLANT BASED MEATBALLS WITH PASTA	SULTANA SPONGE AND CUSTARD
TUESDAY	JACKET POTATOES WITH CHEESE, BEANS, COLESLAW	JACKET POTATOES WITH CHEESE, BEANS, COLESLAW	BANANAS AND CUSTARD
WEDNESDAY	BEEF LASAGNE WITH PEAS AND SWEETCORN	VEGETABLE LASAGNE WITH PEAS AND SWEETCORN	MANDARINS, PEARS, PINEAPPLE
THURSDAY	LOCALLY SOURCED ROASTED CHICKEN, NEW POTATOES, BROCCOLI & MIXED VEG AND GLUTEN FREE GRAVY	SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY WITH BOILED POTATOES, MIXED VEG & BROCCOLI	CHOCOLATE BROWNIE AND CUSTARD
FRIDAY	SALMON FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & CARROTS	RATATOUILLE & LENTILS	YOGHURTS